

I claim:

1. An article of clothing having a self-heat system that provides a rise in temperature of said article of clothing when exposed to the air.

2. An article of clothing having a self-heat system that provides a rise in temperature of said article of clothing when exposed to oxygen.

3. An article of clothing as set forth in claim 1, wherein said self-heat system includes chemical materials in combination which when exposed to air create a chemical reaction that includes a rise in temperature.

4. An article of clothing as set forth in claim 3, wherein said materials include iron, charcoal, sodium chloride and water.

5. An article of clothing as set forth in claim 1, wherein said article of clothing includes one or more portions in which the material of which said article of clothing is made including said self-heat system thereof completely surrounds one or more body parts such as an arm, a leg, the person's chest, the top portion of a person's head, and other respective portions of a person's body, with a continuously joined wall of such material, whereby the only way such article of clothing can be removed is by withdrawing the surrounded body part out from said continually joined wall of such material, whereby said article of clothing having said self-heat system cannot inadvertently fall away from such body portion it is intended to keep warm.

6. A blanket having a self-heat system that provides a rise in temperature of said blanket when exposed to the air.

7. A blanket as set forth in claim 6, wherein said self-heat system includes chemical materials in combination which when exposed to air create a chemical reaction that includes a rise in temperature.

8. A blanket as set forth in claim 7, wherein said materials include iron, charcoal, sodium chloride and water.